

## Cassava Beef Curry

### Ingredients:

1. 1 lb beef
2. 3/4 lb. cassava
3. 1 cup coconut milk
4. 1/4 cup tamarind sauce
5. 3 cloves garlic
6. 1 table spoon ginger paste
7. 1 table spoon coriander paste
8. 1/2 cup oil
9. 1 tea spoon ground cumin
10. 1 tea spoon ground coriander
11. 1 tea spoon garam masala
12. 1/2 tea spoon salt
13. 1/2 tea spoon black pepper
14. 1 tea spoon cayenne pepper
15. 1/2 cup chopped fresh mint

### Method:

First cut the beef into bite size pieces. Heat up 5 cups of water in a pot on high heat. Once the water starts to boil, put the beef in the hot water and turn the temperature to low heat. Let it boil for about 1-1/2 hours. This way you will soften the beef and also get natural beef broth. Take out the beef in a separate bowl and save the broth in another bowl.

Next cut cassava into bite size pieces. Put the water in a pot and when the water starts to boil put the cassava in it and let it boil about 15 minutes. Check if the cassava has softened to your liking. If you need to soften it more, boil for a few extra minutes.

Once the cassava is ready to your liking, take about 8 pieces in a grinder with some beef broth and grind it till it liquefies.

Now take a pan (or a pot) and put half a cup of oil in it and heat it on high temperature. Put the balance of the boiled cassava in the pan and fry it for a minute or so. Then put approximately 1 cup of broth in the pan, reduce the temperature to medium heat and cover the pan. Cook it for about 5 minutes and then remove the lid.

Now take the liquefied cassava and put it in the pan. Also put coconut milk, tamarind sauce, ginger paste, coriander paste and sliced garlic in it and stir it well. Cook the mix for about 5 minutes still on medium temperature.

At this time check the thickness of the curry and add broth as needed so it is not too thick. Now add salt, black pepper, ground cumin, ground coriander, cayenne pepper and garam masala in the pan. Stir it well and add the beef pieces to the mix. Blend it well and turn the heat down to low temperature and cover the pan. Let this cook for 10 minutes and the curry is ready.

Take out curry on a bed of white rice and garnish it with cut fresh mint. You can eat the curry with bread, roti or naan if you like.

Enjoy.

*Chef Pops*